

## CLEAN UP AND PAINT UP A CONTINUOUS CAMPAIGN

**Suggestions for Making Our Town a Better Home  
Town—Chairman of National Bureau  
Says Start Now and Keep It Up  
the Year 'Round.**

SINCE Hercules diverted the river to renovate the Augean stables "Clean Up" has had its place in the world's vernacular. With Spring the desire to refurbish comes subconsciously into the hearts of men and women, and communities. But without direction and sustained effort the expression of this desire, in the form of the ordinary "Clean Up Day" or "Week," is apt to result in a superficial rally against filth.

Years ago Allen W. Clark, a St. Louis editor, made up his mind that this natural "Clean Up" instinct could be turned to account, that it could be developed into a real campaign working toward definite ideals and accomplishing permanent results. And so, in May 1912, Mr. Clark founded the National "Clean Up and Paint Up" Campaign Bureau, with headquarters in St. Louis. He hoped that a thorough-going movement, national in its scope and practical in its principles, might take the place of the "annual bath" idea as expressed in the old-time "clean up day" or "week."

### A National Civic Movement.

For four years the scope of the National Bureau's service has rapidly extended until this year it is co-operating with more than 6,000 local communities in the organization and direction of real "Clean Up and Paint Up" campaigns, not "days," or "weeks." Continuous campaigns for houses and homesteads beautiful, sanitary and safe, conducted by permanent committees, and involving the co-operation of city and town officials, club women, commercial organizations, the children, fire prevention interests, all business men and property owners, is the goal aimed at by all of the National Bureau's propaganda.

Mr. Clark declares that the bane of any community is the citizen who lacks even a semblance of interest in the community, and that, strange as it may seem in a democracy, absence of this interest seems to be pretty generally prevalent in the average American community. Such a citizen would have "The Town" or "The City," whatever those names may signify when the body of citizens is eliminated, keep the streets and alleys clean, preserve the public and individual health, eliminate nuisances, make everything in town spick and span and satisfactory while the citizen sits back and looks on.

The real "Clean Up and Paint Up" campaign, organized on the plans of the National Bureau, gives everyone something definite to do to help make their hometown beautiful, sanitary and safe. And the campaign's educational influence should work steadily the year 'round and year after year, automatically eliminating many nuisances caused formerly by carelessness or thoughtlessness of property owners and tenants.

### A Suggestion for Our Town.

The methods for accomplishing all of this suggested by the National Bureau are well illustrated by a brief description of the local campaign or-

ganization in St. Louis. With various adaptations this St. Louis plan has been found practicable in any city, no matter how large or small.

The entire campaign is under the direction of the Continuous St. Louis "Clean Up and Paint Up" Campaign Committee, of which Charles M. Tabor, director of streets and sewers, is chairman. On this committee are various civic and business leaders, including the leading club women of the city.

Each member of the general committee is chairman of a subcommittee responsible for some definite department of the campaign's activity. The Director of Streets and Sewers is chairman of the committee on "Refuse Clean-up," the chief of the Fire Department is chairman of the committee on fire prevention and the head of the Health Department is chairman of the committee on housing reform.

A partial list of these campaign committees, with notation of some of the objects of each follows:

### Committees for the Work.

Street Department—Household waste, permanent plan, improvement of districts which will be center of interest in coming National Democratic Convention, smooth paving, signs on public buildings, rubbish boxes.

Landscape Gardening—Ordinances, campaign among property owners, yard planting campaign among children.

Fire Prevention—Clean up rubbish, roofs, condemn shacks that are fire risks.

Housing—Insanitary yards, privies, tenements, lodging houses, garbage receptacles.

Vacant Lots—Reported by Boy Scouts, flower and vegetable gardens by school children and Real Estate Exchange, weed cutting, bird boxes.

Flower Boxes—in congested districts, downtown and opposite Union Station.

Unsightly Advertising—Posters on buildings, "For Rent" signs, ordinances.

Appearances of Buildings—Vacant buildings, painting, lighting, of prominent corners.

Street Drinking Fountains—General and on downtown corners.

Smoke Abatement.

Publicity—Billboards, posters, street cars, circulars for children, buttons, newspapers, moving pictures.

Speakers—On general subject, also on special phases of campaign.

District Organization—Report nuisances, see property owners and urge to clean up and paint up and plant trees.

School Children—Distribution of printed matter, school gardens.

Police—Report nuisances, distribute directions for rubbish collections, request co-operation of residents.

The chairmen of these various committees should be the city or town officials or civic leaders who are most interested in the work to be done by the committee.

### FOREST NOTES

It is estimated that there is enough waste from the saw mills of the South alone to produce twenty thousand tons of paper a day.

Oiled paper has been found to be an excellent material for packing tree seedlings, when shipped in crates. When crates are not used, paper-lined burlap makes a particularly satisfactory wrapper.

The value of live stock dying from disease on the National Forest ranges in 1915 was less than \$200,000. A majority of the cattle men are now vaccinating their stock for blackleg, one of the chief loss-causing cattle diseases of the West, and thus preventing the serious losses of the past.

Because of the heavy snowfall last winter, Forest rangers found it necessary this spring to remove two feet of snow from the Beaver Creek Nursery in Utah, so that the young trees might be uncovered by the time they were needed for spring planting of the National Forests of that region. Part of the snow was taken off by use of shovel and pick. By spreading a

thin layer of fine soil over another part, the natural melting of the snow was hastened sufficiently to make shoveling unnecessary.

### GOOSE LANGUAGE

The Globe of Wellsville, Kansas, is responsible for this interesting anecdote:

"Byron Shields is convinced that geese have some method of communication. Out on his farm he has a number of geese which use the same nest in a cattle shed. The other morning two of the geese were on the nest when a turkey hen came along and drove them off the nest, and appropriated it to herself. The geese waddled off around the shed to where the gander was standing, and in a minute or two the whole bunch of geese, headed by the indignant gander, returned to the nest and the turkey hen. The old gander reached down, nipped the turkey and literally lifted her from her nest, and the two geese took her place. Now, if the old gander wasn't told the trouble, why did he come to the aid of his mates?"

### GOOD CREAM PAYS BEST

The American farmer who sells cream should insist that the creamery grade his cream. This will tend to cull out the poor quality of cream and make possible a better grade of butter. Give the creamery a good grade of cream and they can make a good grade of butter. Good butter sells for a high price, therefore top prices can be paid for cream. Better cream prices stimulate the farmer in obtaining better dairy cattle and increase the desire for a more careful study of economical milk production.

The close grading of cream has become absolutely necessary. Within the last few years creamery butter of the United States has been meeting with greater competition from foreign butter. Butter from Siberia, Australia, Denmark, and South America has come to our shores by the ship-load and sold in our large markets alongside American made butter. It has poured into the United States on both the eastern and western coasts.

Imported butter does not reach our markets in as fresh condition as our own butter, consequently the majority of it sells as second grade. In many cases it leaves the point of production as a first class article, but is so long in transit that it deteriorates and arrives as second grade butter. Unfortunately the majority of American made butter is also second grade. This is not because it cannot reach the market at once, but because it is made from poor quality cream. The American farmer is not producing a good quality of cream as his foreign brother.

First grade butter is still in big demand in this country and the producers of good butter are realizing a nice margin in price over the producers of second grade butter. Because of foreign competition with our second grade butter the difference in price between first grade and second grade is wide. Foreign competition has not materially increased the supply of second grade, while the supply of first grade has been increased tremendously.

Because of our poor markets for second grade butter the farmers in every community should compel their creamery to grade the cream, and should do all in their power to see that every farmer produces only first grade cream. Then and only then will that creamery be able to pay top prices for cream.—L. G. Rinkle, Missouri College of Agriculture.

### CLOVER BLOAT

Columbia, Mo.—Dr. D. F. Luckey, State Veterinarian, has issued a statement from the office of the Missouri Board of Agriculture in which he says the recent losses of cattle from bloating, while on clover pasture, have been quite extensive. The weather has been favorable for rank growths of all kinds of clover. The white variety seems to be responsible for the most of the trouble.

The danger is particularly great on damp, cool days when the clovers are fresh and palatable. Cattle are very apt to over-eat. The rumen (or paunch) becomes over-loaded and the fermenting mass causes a rapid generation of gas.

The symptoms usually come on in a very short time. A cow may be in a dangerous condition within a half hour after eating heartily of the white or other clovers. Frequently the bloating is so intense as to produce death before any treatment can be given. The rumen becomes so distended with gas as to press forward on the lungs and make it impossible for the beast to inhale air, literally smothering to death.

The principal thing to do by way of prevention is to keep cattle off rank clover pastures, especially in the morning, after showers, or during damp, cool days. Such pastures must be used with great care at any time. It has been claimed that feeding dry wheat straw, or cured hay of any kind, will tend to prevent bloating when cattle are turned on clover pastures. There is no question but what this will help some but it cannot be counted on as a sure preventive of bloating. Some dry feed should certainly be given when cattle are pastured upon a rank growth of clover. In addition to this, a liberal quantity of freshly burned charcoal should be kept before the cattle. Burn a lot of charcoal every two or three days, powder it and add a little salt and leave it where cattle may lick it at will. There is practically no danger of over-feeding on charcoal, and this will help a lot in preventing bloat. Bear in mind that in some cases bloating will occur even when cattle are kept off the clover until noon, and there is no absolute means of prevention of bloat when cattle are permitted to graze on clover.

The curative treatment depends upon the condition of the animal when found. In many cases, the animal is already dead. In other cases it is in a condition to die in a few minutes, and the treatment must be administered promptly. In acute cases, there is no time for giving medicine by the mouth. The only successful treatment is to puncture the rumen and let promptly, death may result. The trochar is the proper thing to use. The trochar should be cleaned and disinfected, as should the hair and skin where it is to be inserted. Use the necessary force and drive the trochar into the rumen on the left side and at a place several inches forward and downward from the point of the hip where you find a drum-like condition. In many cases the trochar will not be available and there will be no time for cleaning and disinfecting. If the animal's life is to be saved, something must be done right away. In such an emergency do not hesitate to use a pocket knife, or even a butcher knife. Let the gas out or the cow will die. If these crude instruments are to be used, the opening should be quite large. Use the big blade of the pocket knife, and then cut the hole just a little larger so that the gas may escape freely. This operation is not particularly dangerous and should not be delayed when the life of the cow is in danger.

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### M. U. DOCTOR ADVISES

#### ON SUMMER LIVING

For one preservation of health and production of efficiency, man needs a mixed diet. There are certain principles which are essential, says Dr. M. P. Ravenel of the department of preventive medicine of the University of Missouri at Columbia.

First, the proteins, whose principal function is the building up of tissue, replacing wear and tear. They are found in meats, eggs, milk and certain vegetables, like beans, peas, lentils and nuts.

Second, the carbohydrates, whose function is chiefly to provide fuel and energy. They are found in two of the ordinarily used food stuffs—the starches, such as bread, cereals, rice, potatoes, etc.; and the sugars, which are found in the juices of the various plants, in honey, etc.

Third, fats, whose function is chiefly to furnish fuel. The chief sources of fats are cream, the fat of meats, many nuts, etc.

Fourth, the minerals and organic acids, which are essential to the body. These are found in many vegetables and certain other foods, particularly in milk and the yolk of eggs.

Certain other principles have been discovered in recent years, among the chief of which are substances called vitamins. These are absolutely essential to well-being. They are found in fresh food of all kinds, like meats, yolks of eggs, peas, beans, various vegetables and fruits. They are destroyed by some of our methods of preparation of food. For example, sterilized milk and sterilized canned foods are in large part deprived of the vitamins. We can also take them away from vegetables, like rice, by a high degree of polishing, which has been largely practiced.

Babies fed on sterilized milk some time develop scurvy. This can be prevented by feeding a tablespoonful of orange juice once a day.

People should not worry too much about their eating. If the foods are clean, fresh and well prepared, the average person gets a fairly well balanced ration.

In people inclined to overweight, or those who lead sedentary lives, the fats, starches and sugars should be reduced, and fruit and vegetables increased. Those who are underweight, or are engaged in heavy muscular labor, should increase the starches, fats and sugars.

### JUNE HINTS FOR POULTRY RAISERS

Sour milk is valuable in any ration. Summer shade insures thrifty chicks. Remove over-active cockerels to a separate yard.

Clean up the incubator, remove the lamp, and throw away the wick.

Soft, fresh dirt is an insurance against leg weakness in chicks.

Add to the grain feeds with a mixture such as bran, shorts, and corn meal.

Do not keep unnecessary male birds. An extra hen eats no more and may lay eggs.

When range is limited spade up the runs or remove the brood coop a short distance daily.

Spoiled or decaying flesh, if eaten, will surely cause limber neck. Burn or bury the dead.

Watch for head lice on the chicks. If found, rub top of head with a small piece of lard free from salt.

Avoid crowding by keeping in small flocks and by providing roomy coops. Thin out if there are too many.

Broody hens should be removed to slat bottomed coops as soon as discovered. Leave them there until they forget it.

Clean, fresh water lessens disease. Filthy drinking water is the source of much trouble. Clean the drinking pans frequently.

If hens are lousy, rub a piece of blue ointment the size of a pea into the skin just beneath the vent and on the under side of the wings.

Mites are sure to accumulate if the droppings are not removed every week.

## OUR PUBLIC FORUM

**Senator Morris Sheppard  
ON PROHIBITION.**



It is the mission of a newspaper to give the news. The reader is entitled to information on both sides of all economic issues and especially on those questions which are before the public for solution, for it is the duty of every citizen to carefully study the problems of government. We shall present from time to time the views of men who are recognized authority on important questions and who are responsible for their utterances. The views of this paper will be expressed through the editorial column. United States Senator Morris Sheppard, the chosen leader of the prohibition forces in presenting the affirmative side of National prohibition to the Senate, said in part:

"The disposition of this prohibition amendment is the most solemn duty that has confronted Congress since the death of slavery. It will determine whether this nation is capable of invoking its constituent powers to consider an evil which at least half the population believes to mean the nation's ruin and to make what Constitutional changes they may deem proper for its extermination. It will determine whether the moral forces of the nation are the dominant ones. It will determine whether this is a Christian nation. We need not deceive ourselves. The issue is plain. A Christian nation cannot tolerate the liquor traffic."

"Not only will he who votes against the submission of this amendment keep the people of the states, acting through legislatures, or conventions, from exercising their fundamental prerogative of deciding what is national and what local, but he will also deny the right of petition to millions of his fellow citizens. Seventy per cent of the territory of this country is already under prohibitory law and over 50 per cent of the American people live in this prohibition territory. A committee of more than two thousand men and women from every section of the Republic, representing through their various organizations probably twenty million people, marched to the steps of the Capitol on a freezing day last December and presented to Representative Hobson for the House and myself for the Senate their request that Congress give the American people a chance to expel the liquor traffic from the country. In the face of a biting December gale, despite sunless skies and the penetrating cold, they came, the joy of a righteous movement in their souls, the cry for a clean United States upon their lips. It was the most radiant and inspiring sight my eyes have ever seen. There was no selfish purpose; hundreds and thousands of miles they had traveled at their own expense and at great personal sacrifice to demonstrate the power of a moral impulse. And I tell you that I would rather have been chosen by that band of consecrated men and women to present this prohibition amendment than to hold any office in this Republic. It is safe to say that the twenty million people represented by that wonderful committee are joined by thirty million or forty million more in the determination that the liquor traffic shall not be tolerated on a single inch of American soil. It is not an exaggeration to say that a majority of the American people would vote today for a saloonless land and a stainless flag."

and the roosts sprayed with kerosene emulsion or disinfectant.

After the grass gets tough chicks can catch more bugs and worms and will grow better on loose soil. The corn field furnishes ideal conditions.

All these methods have been found successful by the Missouri College of Agriculture and the Agricultural Experiment Station where they are used and recommended.—M. L. Kompster, Missouri College of Agriculture.

The struggle with selfishness is the greatest of all conflicts.

The old guard is always prepared—especially for the worst.

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